

# ABSTRACT

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A exerciser includes a base having a hub for rotatably receiving a spindle which has a radially extended peripheral plate, a rotary member rotatably engaged onto the spindle, a unidirectional driving device having a frame engaged between the peripheral plate and the rotary member, and a pair of cranks coupled to the spindle for driving the rotary member unidirectionally with the driving device. The frame includes a bore for receiving the peripheral plate of the spindle, and having an inner diameter greater than the outer diameter of the spindle.